

Dear Client,

We are thrilled to invite you to an exciting and informative community event where we will introduce our new program, Rhythm of Wellness. This free event is scheduled for Thursday, June 27 at 7 PM and Saturday, June 29 at 4 PM at the Côte Saint-Luc Tennis Club, located at 8215 Guelph Road.

About the Rhythm of Wellness Program: The Rhythm of Wellness is a comprehensive heart-healthy tennis program designed to harmonize physical fitness, education, and community support. The program combines dynamic cardio tennis sessions, heart health education, and supportive group discussions to foster a balanced and heart-healthy lifestyle.

We are also excited to introduce the newest member of our coaching team, Mr. Peter Wainberg, a professional tennis, heart health and wellness coach. Peter has created the Rhythm of Wellness Program and will be in charge of ensuring its success, helping participants to focus on life's most important goal— heart health and wellness—and guiding them to get into a better rhythm of life.

All attendees will receive a FREE signed colour copy of Peter's heart book entitled "My Heart Handbook".

#### Information Event Details:

- Date and Time: Thursday, June 27 at 7 PM and Saturday, June 29 at 4 PM
- Location: Côte Saint-Luc Tennis Club, 8215 Guelph Road
- Cost: Free

Registration: Thursday June 27 7-10pm. : Click [here](#).

Saturday June 29 4-7pm: click [here](#).

Schedule a FREE private consultation with Peter to learn more about the Rhythm of Wellness Program. Click [here](#). below.

### Rhythm of Wellness Program

Date and Time: Wednesdays 7-10pm and Saturday and Sundays 4-7pm six weeks (up to 12 sessions) starting July 3, 2024

- Location: Côte Saint-Luc Tennis Club, 8215 Guelph Road
- Cost: To be discussed so find out!

Registration: Click [here](#).

Join us for this free community event to learn more about the Rhythm of Wellness program. Discover the benefits of a heart-healthy lifestyle, meet Peter, and find out how this program can help you achieve your health and fitness goals.

### Peter's Wellness Clinics

Please also note that Peter is also running clinics and is also available for private lessons.

You can sign up by going to [www.tspa.ca/clinics](http://www.tspa.ca/clinics) and notice we have a wide range of lessons for children and adults of all ages and skill level.

Peter is known as the "serve and volley animal" from Hampstead and is the 21st Maccabiah Games (July 2022) bronze medal winner for Canada in men's doubles. He

loves to teach both serve and volley to intermediate and advanced players and also mini tennis to beginners. He is available to teach and coach as follows:

5-6 years old: Sundays 1-2pm (4 weeks).

7-9 years old (intermediates): 2-3pm (4 weeks).

10-17 years old (intermediates); Sundays 3-4pm (4 weeks).

Adult Strong Beginners: Fridays 5-6pm, Saturdays 1-2:30pm (4 weeks starting June 28th).

Adult Intermediates: Fridays 6-7pm, Saturdays 2:30-4pm (4 weeks starting June 28th).

Once again, simply login from our website [www.tspa.ca](http://www.tspa.ca) (towards the top) or create a new account and follow the prompts.

For more information and to RSVP, please contact us at 514-886-9929. For more information on the program contact Peter directly at 514-781-3337 [pwainberg@tspa.ca](mailto:pwainberg@tspa.ca) or visit his website: <https://myhearthandbook.com>.

We are truly grateful to have Peter offer this new and exciting program. Hurry as spots are limited so act fast! Your health depends on it!

Sincerely,

Lior Doron  
Academy Director  
TSPA  
514-886-9929

P.S. To see Peter's interview on Global, click [here](#).